

Health, Nutrition and Wellness Websites

Employee Insurance Program
www.eip.sc.gov

Healthier US
www.healthierus.gov

Health Information Provider
www.healthfinder.gov

The Centers of Disease Control
and Prevention
www.cdc.gov

National Heart, Lung and
Blood Institute
www.nhlbi.nih.gov

American Diabetes Association
www.diabetes.org

National Institute of Diabetes,
Digestive and Kidney Diseases
www.niddk.nih.gov

South Carolina Budget and Control Board
Employee Insurance Program
P.O. Box 11661
Columbia, SC 29211

PREVENTION PARTNERS

Presents



South Carolina
Budget and Control Board
Employee Insurance Program
Prevention Partners
Columbia, South Carolina
803-737-3820
www.eip.sc.gov



The State Health Plan Prevention Partners is pleased to offer the “Back on Track” Back Pain and Injury Prevention Program.

This program offers many exercises and tips for keeping your back strong, flexible and pain-free. “Back on Track” helps you to identify the causes of your back pain and injury, teaches exercises for back strength, flexibility and posture, teaches you about back anatomy, movement, body mechanics and ergonomics, and finally, explains how exercise is important in preventing back problems.

Prevention Partners’ “Back on Track” Back Pain and Injury Prevention Program includes a manual, a videotape containing one informational segment and two instructional exercise segments, a towel for exercises and a Dyna-Band for strength exercises.

The program costs \$10.00.

Health Tips:

- Don’t smoke or chew tobacco products.
- Avoid being overweight.
- Get at least a half-hour a day of moderate to vigorous exercise.
- Drink alcohol moderately or not at all.
- Eat healthy foods. Avoid saturated fats.
- Drink at least 64 ounces of water every day.
- Eat at least five servings of fruits and vegetables a day.

WARNING: Consult your physician before starting any exercise program.

Back on Track Order Form

Name _____

Address _____

City _____

State _____ ZIP code _____

Work phone _____

Quantity	Price per program	Price
	\$10.00	\$
Subtotal \$ _____		
Sales Tax (5%) \$ _____		
TOTAL \$ _____		

Make check payable to Employee Insurance Program.

Sorry, no cash or purchase orders accepted.

Mail check and order form to:
Employee Insurance Program
Prevention Partners
P.O. Box 11661
Columbia, SC 29211
803-737-3820
FAX: 803-737-0793

Web Site: www.eip.sc.gov